

# Penetrating Head and Neck Trauma

## A Narrative Review of Evidence-Based Evaluation and Treatment Protocols



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### KEYWORDS

- Head and neck trauma • Penetrating injury • No-zone framework
- Evidence-based protocols

### KEY POINTS

- Penetrating injury to the head and neck accounts for a minority of trauma but significant morbidity in the US civilian population.
- The 3-zone anatomical framework has historically guided evaluation and management; however, the most current evidence-based protocols favor a no-zone approach.
- In stable patients, a thorough physical examination and noninvasive imaging should be prioritized, with surgical exploration of the head and neck reserved for certain circumstances.
- Diagnostic and management decisions should be tailored to the patient's mechanism of injury, trauma history, physical examination, experience of personnel, availability of equipment, and clinical judgment.

### INTRODUCTION

Head and neck trauma poses diagnostic and management challenges due to the complexity and importance of the aerodigestive, vascular, and neurologic structures contained within.<sup>1</sup> Although this small anatomical region represents only 2.9% of all trauma cases in the United States, its case fatality rate is 17.36%—the highest rate of all body regions.<sup>2</sup> Given this mortality rate, protocols governing the evaluation,

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triage, and management of patients with penetrating head and neck trauma must be closely examined to optimize patient outcomes.

Penetrating neck trauma is defined as injury that pierces deep to the platysma muscle.<sup>3</sup> The most common mechanism worldwide is stab wounds, followed by gunshot wounds (GSWs), self-harm, road traffic accidents, and other high-velocity objects.<sup>4</sup> Through World War II, surgical exploration was the primary diagnostic and therapeutic modality for such injuries, likely due to the absence of informative diagnostic techniques and high morbidity associated with delayed treatment.<sup>5</sup> An anatomically guided classification that delineated the head and neck region into zones was introduced in 1969 to describe the location of injury and provide a framework to consider injuries to structures housed within each zone.<sup>6,7</sup> The current 3-zone classification evolved from this delineation and has since featured prominently in many protocols<sup>8</sup> (Table 1).

Traditionally, when evaluating hemodynamically stable patients with penetrating neck trauma, this framework has mandated surgical exploration of injuries to Zone 2, and recommended a more selective approach for the other zones due to difficult surgical access to the skull base and thoracic inlet.<sup>8</sup> More recently, the widespread availability of high-quality cross-sectional imaging such as computed tomography angiography (CTA) has challenged the paradigm of mandated surgical intervention.<sup>9</sup>

## NATURE OF THE PROBLEM

Unstable patients who present with “hard” signs of vascular or aerodigestive tract injury warrant emergent surgical exploration.<sup>10</sup> Whether to operate on stable patients with “soft” signs, or asymptomatic patients, is less clear.<sup>11</sup> Problems associated with the zone-based approach include high-negative neck exploration rates in stable injuries (13%–19%), poor correlation between the wound location and internal organ injuries, and difficulty grouping multilevel injuries into one zone.<sup>10</sup> Routine neck exploration in hemodynamically stable patients results in longer hospitalizations and

<b>Zone</b>	<b>Boundaries</b>	<b>Structures</b>
3	Skull base to angle of mandible	Vascular: carotid arteries, jugular veins, vertebral arteries Pulmonary: pharynx Gastrointestinal: N/A Neurologic: spinal cord, cranial nerves, sympathetic chain ganglia Other: salivary glands
2	Angle of mandible to cricoid cartilage	Vascular: internal/external carotid arteries Pulmonary: pharynx, larynx Gastrointestinal: esophagus Neurologic: spinal cord, vagus nerve, recurrent laryngeal nerve Other: N/A
1	Cricoid cartilage to clavicles	Vascular: subclavian artery/vein, vertebral artery/vein, carotid arteries, jugular veins Pulmonary: trachea, lungs Gastrointestinal: esophagus Neurologic: spinal cord, vagus nerve Other: thoracic duct, thyroid gland

*Adapted from* Weale R, Madsen A, Kong V, Clarke D. (2019). The management of penetrating neck injury. *Trauma*, 21(2), 85-93.

increased rates of complications (surgical site infections, sepsis, and so forth).<sup>12</sup> Yet there are no international consensus guidelines regarding decisions to operate.

With the advent of CTA, most current evidence-based studies support a shift away from zone-based algorithms toward less-invasive diagnostic procedures and selective surgery after consideration of the patient's status.<sup>1,4,9–11,13–15</sup> This is termed the “no-zone” approach. The goal of this review is to outline current evidence-based practices for evaluation and management of penetrating head and neck trauma.

## EVALUATION

Signs of injury in penetrating neck trauma can be classified as “hard” or “soft” based on severity (Table 2). Patients may also be asymptomatic. Physical examination is indicated in all patients with penetrating wounds to the head or neck, due to its high sensitivity for injury detection<sup>16,17</sup> and the high risk of decompensating from asphyxiation and exsanguination.<sup>12,18</sup> Initial evaluation involves resuscitation according to advanced trauma life-support principles. A patent airway is the first priority. If airway compromise is suspected, rapid-sequence intubation is indicated when anatomic structures of the head and neck are preserved and airway anatomy can be clearly visualized. Intubation should occur only with clear visualization,<sup>4,19,20</sup> to avoid forcing air into injured tissue planes or further distorting airway anatomy.<sup>4,21,22</sup> Fiberoptic laryngoscopy can help achieve visualization. If intubation fails, or is precluded by disfiguring facial injuries, either immediate emergent tracheotomy or cricothyrotomy is

Table 2 Hard” and “Soft” signs of head and neck injury	
Hard Signs	Soft Signs
Vascular	• Stable hematoma
• Refractory shock	• Hoarseness
• Rapidly expanding hematoma	• Dysphagia
• Uncontrolled hemorrhage	• Mild subcutaneous emphysema
• Absent pulse	• Mild hematemesi/hemoptysis
• Audible bruit or palpable thrill	• Dysphonia
Respiratory	• Odynophagia
• Airway compromise	• Chest pain
• Wound bubbling	
• Subcutaneous emphysema	
• Stridor/hoarseness	
• Massive hemoptysis	
• Air sucking in and out	
• Impaired speech	
• Cyanosis	
• Respiratory distress	
• Air bubbling from wound site	
Esophageal	
• Severe dysphagia	
• Significant hematemesi	
Neurologic	
• Neurological deficits	

The presence of any “hard” sign is an indication for surgical exploration of penetrating head and neck trauma.

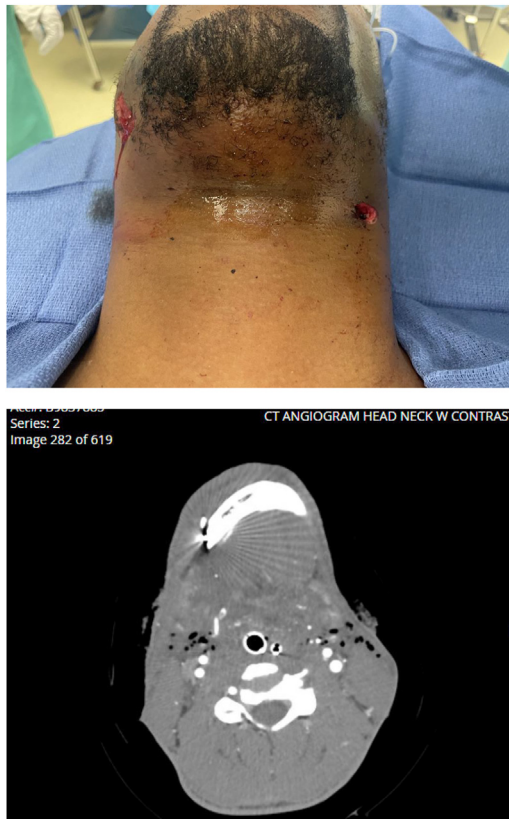
*Adapted from Chandrananth, M. L., Zhang, A., Voutier, C. R., Skandarajah, A., Thomson, B. N. J., Shakerian, R., & Read, D. J. (2021). ‘No zone’ approach to the management of stable penetrating neck injuries: a systematic review. ANZ journal of surgery, 91(6), 1083–1090.*

indicated. Once the airway is secured, attention should turn to hemodynamics and establishing intravenous access before surgical intervention. Direct laryngoscopy, bronchoscopy, or esophagoscopy should be used as necessary to further identify injuries across systems and guide management.<sup>23</sup>

## CONSIDERATIONS

The management of patients who present with soft signs or no symptoms is less clear. A benign-appearing entry site can belie the severity of injury because the depth and trajectory of penetration are hidden.<sup>21</sup> The degree of tissue damage depends on the kinetic energy transferred from the penetrating object to the neck tissue,<sup>24</sup> which in turn depends on the mass and velocity of the missile.<sup>18</sup> The energy of a projectile can radiate beyond the perforation site, creating a cavity up to 30 times its size.<sup>25</sup> Thus, penetrating injuries to the head and neck are considered life-threatening until proven otherwise.<sup>21,22</sup>

Injuries from knives or thrown objects generally cause less damage than ballistic injuries, which are more difficult to assess.<sup>26</sup> GSWs can be divided into low-velocity and high-velocity injuries. Small-caliber handguns cause less collateral tissue damage along the projectile path than high-powered rifles or shotguns, which produce a large



**Fig. 1.** A 31-year-old man with a GSW to left neck zone II with CTA showing no vascular injury. Given the lack of hard signs of vascular and respiratory injury and stable vital signs, neck exploration was avoided and patient underwent elective repair of mandible fracture on hospital day 2.

concussive wave that can disrupt tissue, rupture blood vessels and nerves, and fracture bones despite their distance from the permanent cavity of the missile (Fig. 1).<sup>27</sup> Structures distant from the entry site must also be evaluated. Impaled objects should not be removed until the extent of injury can be elucidated, and wounds should not be blindly probed, to avoid iatrogenic injury.<sup>21,24</sup> Knowledge of the mechanism of injury is useful in predicting damage and crucial for proper management.<sup>25</sup>

## THE DECISION TO OPERATE

Three anatomic zones have been used to categorize wounds by entry location and to guide treatment (see Table 1).<sup>4,7,8,25</sup> Using this algorithm, a penetrating wound of Zone 2 in stable patients is an indication for surgical exploration, and patients with a Zone 1 or 3 injury should undergo endoscopy and angiography due to more difficult surgical access to these regions.<sup>28</sup> There has been unclear benefit of civilian adoption of mandatory surgical intervention as negative neck exploration rates are reported as high as 56%.<sup>10</sup> These highly invasive, labor-intensive procedures also increase complication rates and prolong hospitalization.<sup>27,29–31</sup> Furthermore, location of entry and injury often do not correlate with underlying structures.<sup>32</sup> Thus, management based solely on zones can easily result in inappropriate management decisions.

Historically, various imaging modalities have been used, including 4-vessel digital subtraction angiography,<sup>33</sup> color Doppler,<sup>34</sup> and magnetic resonance angiography. Universal application has been impractical, however, due to risk of complications, operator dependency, and magnetic interaction with possible impaled objects, respectively. More recently, spiral multidirectional CTA has become the favored diagnostic imaging tool due to its high-quality images, speed, and minimally invasive nature. With its low cost and widespread availability in modern trauma centers, it has become an integral to the selective, symptom-based approach<sup>9</sup> that has greatly simplified the management of penetrating neck trauma while reducing the number of missed injuries and negative neck exploration rates.<sup>10</sup>

### **No-Zone Systems-Based Management**

Treatment using the no-zone approach is based on the classification of symptoms that may reflect damage to the major organ systems.

#### **Vascular**

Up to 25% of penetrating head and neck injuries result in vascular trauma, including intimal flap, arteriovenous fistula, pseudoaneurysm, and rupture. Mortality rate approaches 50%.<sup>14,24,35,36</sup> The mechanism of death is often exsanguination.<sup>37</sup> Therefore, the presence of hard signs of vascular head and neck trauma warrants surgical exploration.<sup>4</sup> The most common vascular injury from penetrating neck trauma is to the common carotid artery in Zone 2. Damage to the vertebral arteries is rare but possible, with risk factors for stroke and mortality more closely associated with medical history and associated injuries than with treatment decisions.<sup>38,39</sup> Interruption of vertebral artery blood flow is well tolerated due to excellent posterior circulation, and ligation or embolization is the treatment of choice in most injuries requiring intervention.<sup>6,38</sup> Bilateral internal jugular vein injury warrants careful management due to the potential for facial and cerebral edema.<sup>40</sup>

#### **Laryngotracheal**

Injury of the larynx and trachea is uncommon in penetrating head and neck trauma but can incur substantial morbidity and mortality if not detected and addressed promptly.<sup>41,42</sup> Once the airway is secure, attention can turn to the location and extent

of injury. In stable patients, chest radiograph can help identify tracheal deviations or bone fractures. Vocal cord function should be assessed with flexible laryngoscopy. Direct laryngoscopy or rigid bronchoscopy may be used to localize injury. Exposed or structurally compromised cartilage must be addressed surgically to maintain airway patency and long-term preservation of phonation. Voice quality and airway patency may be improved when surgery is performed within 24 hours.<sup>43</sup>

Noninvasive procedures include head-of-bed elevation and antiemetics for reflux precautions, serial physical examination to assess for progressive airway compromise from occult hematoma, and steroids to control edema.

### **Pharyngoesophageal**

The reported incidence of injuries to the pharynx and esophagus is under 10%.<sup>41</sup> Although most recommend a conservative approach to surgical intervention,<sup>42,44</sup> delayed recognition and treatment of pharyngoesophageal injury leads to increased morbidity and mortality due to leakage of digestive fluids through occult injuries producing necrotic inflammatory responses.<sup>45,46</sup> Mortality rates up to 20% have been reported.<sup>47,48</sup> Others cite high false-negative rates and advocate for wide, early use of esophagography and rigid esophagoscopy.<sup>49,50</sup>

**Neurologic.** Neurologic structures at risk of involvement include the spinal cord, cranial nerves, the sympathetic chain, peripheral nerve roots, and the brachial plexus.<sup>4</sup> Spinal cord injuries represent less than 1% of penetrating neck injuries; however, their sequelae can be devastating.<sup>26</sup> Spinal cord transection above C5 will produce paraplegia and can cause respiratory distress from disrupted innervation to the diaphragm. Spinal cord lesions can also elicit neurogenic shock from unopposed parasympathetic and vagal tone; therefore, signs of hypotension or bradycardia should be carefully monitored.<sup>21</sup> Placement of a cervical collar is not routinely recommended in the absence of neurological signs as unnecessary immobilization of the cervical spine may actually hinder management by obscuring airway visualization, hiding injuries, and obstructing assessment of neck wounds.<sup>4</sup>

A comprehensive neurologic examination is warranted as part of the initial survey and should be documented on all patients to identify the extent and timing of any deficit.<sup>21</sup> Injury to the facial nerve can result in impaired eyelid closure, oral incompetence, and mastication difficulty. Vagal nerve injury can impair vocal cord mobility, leading to dysphonia, dysphagia, aspiration, and airway compromise. Patients with penetrating neck injuries are also at risk of cerebrovascular insults from temporary or prolonged ischemia or released emboli from compromised vertebral or carotid arteries.

### **Penetrating trauma of the face**

Penetrating facial trauma presents its own diagnostic and management challenges. The National Trauma Data Bank reports a case fatality rate of 14.9%.<sup>2</sup> GSWs are most common in the United States<sup>51</sup> and can be categorized as nonpenetrating (abrasion of the skin), penetrating (the projectile enters but does not exit the face), perforating (presence of entry and exit points), or avulsive (entry and exit with substantial tissue loss).<sup>52</sup> The primary objective is to sustain life, followed by restoration of facial form and function. Once patients have been stabilized and imaging obtained, repair and reconstruction are implemented according to the reconstructive ladder.

The rate of surgical intervention after facial GSWs ranges from 38% to 100%,<sup>53</sup> with few guidelines regarding the decision to operate.<sup>51,53,54</sup> A study of patients with isolated facial GSWs showed an association between location and surgical intervention: injuries to the lower face (below the occlusal plane to the angle of the mandible) required surgical intervention more often (87.2%) than those to the upper (60%;

supraorbital rim to infraorbital rim) or middle face (29.6%; infraorbital rim to occlusal plane).<sup>55</sup> Another study categorized facial GSWs by location of injury: temporal, frontal, intraoral, submental, or neck.<sup>56</sup> Mortality was 82% among patients with temporal bone injury versus 14% for submental injury, suggesting that proximity of entry wounds to the cranial cavity is predictive of mortality.

Another study of lower face injuries emphasized the timing of treatment.<sup>51</sup> The authors divided time after admission into emergency (day of presentation), immediate surgery (within 72 hours), delayed surgery (72 hours to 2 weeks), and secondary intervention (after 2 weeks) phases and recommended addressing fractures within 72 hours for best results, with exceptions for concomitant life-threatening or cranial injuries mandating earlier attention. They also recommended delayed osseous reconstruction to allow adequate time for soft-tissue closure. Others advocate delay to allow edema to resolve, facilitating better assessment of facial contours and optimal esthetic outcomes after reconstruction.<sup>57,58</sup> Nonetheless, immediate reconstruction confers benefits such as reductions in tissue fibrosis, length of hospitalization, and periods of suboptimal esthetic appearance.

### **Current Evidence**

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Growing evidence supports giving more emphasis to patients' signs, symptoms, and imaging in dictating investigation and management.<sup>10</sup> Multiple studies of patients undergoing CTA, including several prospective studies, reported sensitivity of 93.9% to 100% and specificity of 93.5% to 97.5% in detecting all vascular and aerodigestive injuries regardless of ultimate treatment modality.<sup>10,11,13,15,52,59</sup>

### **Patients with Hard Signs**

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The literature shows consensus in advocating for mandatory surgical exploration in patients who present with hard signs<sup>52,59,60</sup> (Fig. 2), although some evidence suggest that preoperative CTA is reasonable (Fig. 1). A recent study identified no significant difference in missed injuries between CTA and surgical exploration in patients with Zone 2 injuries presenting with hard signs, with rates of negative neck exploration of 0% in the CTA group versus 36% in the operative group.<sup>15</sup> In another study of patients with hard signs who underwent CTA due to hemodynamic stability, 61.5% underwent surgery, allowing 38.5% to avoid neck exploration.<sup>13</sup> Another study reported a decrease in negative neck exploration rate from of 23% to 15% with use of CTA among stable patients with hard signs.<sup>61</sup> All studies showed decreased rates of negative neck exploration with no consequent complications, missed injuries, or mortality.<sup>13,15,61</sup> Thus, preoperative CTA in patients presenting with hard signs may be warranted if the patient can be stabilized (see Fig. 1).

### **Patients with Soft Signs**

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A prospective, single-center cohort study evaluated the benefit of CTA screening in the initial evaluation of patients with penetrating neck injuries who were symptomatic with soft signs.<sup>52</sup> Of these, 17.7% required surgery, meaning 82.3% avoided unnecessary neck exploration. Another study reported a negative neck exploration rate of 0% for patients who underwent CTA, with a rate of 48% reported for 27 non-CTA patients.<sup>62</sup> Other reports similarly found that the use of CTA led to the avoidance of negative neck exploration in 51.7% to 97.7% of patients with soft signs.<sup>10,61,63,64</sup> These studies support management with CTA and close observation, showing very few missed injuries or complications in patients with soft signs.



**Fig. 2.** A 29-year-old man with a self-inflicted knife wound to the anterior neck in zone II underwent neck exploration due to active hemorrhage, respiratory distress and stridor, and exposed laryngeal cartilage. Bilateral carotid arteries were found to be intact but a transection of the thyro-hyoid membrane was identified with open communication of the lumen of the hypopharynx and larynx. Wound was evaluated with intraop direct laryngoscopy, flexible esophagoscopy, and bronchoscopy. Injury was repaired primarily with mucosal inverting stitches and bolstered with a rotational muscle flap using strap muscles.

### ***Patients with No Signs***

For asymptomatic patients, diagnosis and management modalities are also unclear. Although mandatory neck exploration is less advised, the benefit of CTA is less established. Many studies support the use of thorough physical examination. Several studies have shown no missed injuries reported no further complications with serial physical examinations and close observation.<sup>10,59</sup> Another study reported that among 99 asymptomatic patients, 3 revealed positive CTA findings, with none resulting in delayed complications or requiring surgery.<sup>63</sup> However, one study found that 2 of 41 asymptomatic patients had injury (tracheal puncture and pseudoaneurysm) after CTA,<sup>52</sup> and another showed vascular injury in 5% of asymptomatic patients who underwent CTA based on the surgeon's discretion; these were all GSWs.<sup>13</sup> Therefore, CTA may not be indicated in most asymptomatic patients, perhaps except for those with GSWs.

### ***Potential Drawbacks***

Despite the benefits of CTA, occult injuries have been discovered on surgical exploration not identified on CTA.<sup>65,66</sup> Historically, the morbidity and mortality of missed esophageal injuries was a strong driver of mandatory surgical exploration.<sup>3</sup> One study indicated the sensitivity of CTA in detecting pharyngoesophageal injuries to be as low as 53%.<sup>47</sup> A punctured airway or perforated esophagus is less likely to be detected by



CTA. Thus, barium swallow, esophagoscopy, bronchoscopy, or fluoroscopy added to CTA warrants consideration.<sup>11</sup>

Finally, the false-positive rate of CTA should not be ignored. One study showed 5 false-positive diagnoses of aerodigestive tract injuries that resulted in 2 negative neck explorations.<sup>52</sup> Another showed a false-positive CTA rate of 14.8%.<sup>13</sup> A nonnegligible risk of detecting clinically insignificant injuries might drive further workup or exploration when none is therapeutically necessary. Additionally, the quality of CTA imaging is occasionally hampered by streak artifacts, and IV contrast is contraindicated in some patients.<sup>14,60</sup> Increased radiation burden should also be considered.<sup>59</sup> Thus regardless of CTA findings, a high index of suspicion should be maintained and serial physical examinations performed in all patients with penetrating head and neck trauma to prevent missed injuries.

## SUMMARY

Although penetrating trauma to the head and neck is relatively uncommon, the risks of untreated or unrecognized sequelae are potentially life-threatening. The current evidence-based literature favors noninvasive imaging over mandatory surgical exploration, regardless of zone of injury. Imaging triage accomplishes safe, noninvasive evaluation of head and neck structures to rule in or out injury warranting surgical intervention. Invasive algorithms should be replaced with a new standard of care: evidence-based screening strategies comprising physical examination and CTA. Protocols and guidelines continue to evolve as novel diagnostic and therapeutic techniques are introduced to provide optimal outcomes for patients with penetrating injury of the head and neck.

## CLINICS CARE POINTS

- High-quality images, speed, and minimally invasive nature have made spiral multidetector CTA the favored diagnostic imaging tool due for penetrating trauma to the head and neck. With its low cost and widespread availability in modern trauma centers, it has become an integral part of the selective, symptom-based approach that has greatly simplified the management of penetrating neck trauma while reducing the number of missed injuries and negative neck exploration rates.
- Growing evidence supports giving more emphasis to patients' signs, symptoms, and imaging in dictating investigation and management.
- The literature shows consensus for mandatory surgical exploration in patients who present with hard signs of vascular or aerodigestive tract injury, although some evidence suggests that preoperative CTA may be warranted if the patient can be stabilized.
- In the patient with soft signs, the literature supports management with CTA and close observation, showing very few missed injuries or complications in patients with soft signs.
- CTA may not be indicated in most asymptomatic patients, perhaps except for those with GSWs.
- Regardless of CTA findings, a high index of suspicion should be maintained, and serial physical examinations performed in all patients with penetrating head and neck trauma to prevent missed injuries.

## DISCLOSURE

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